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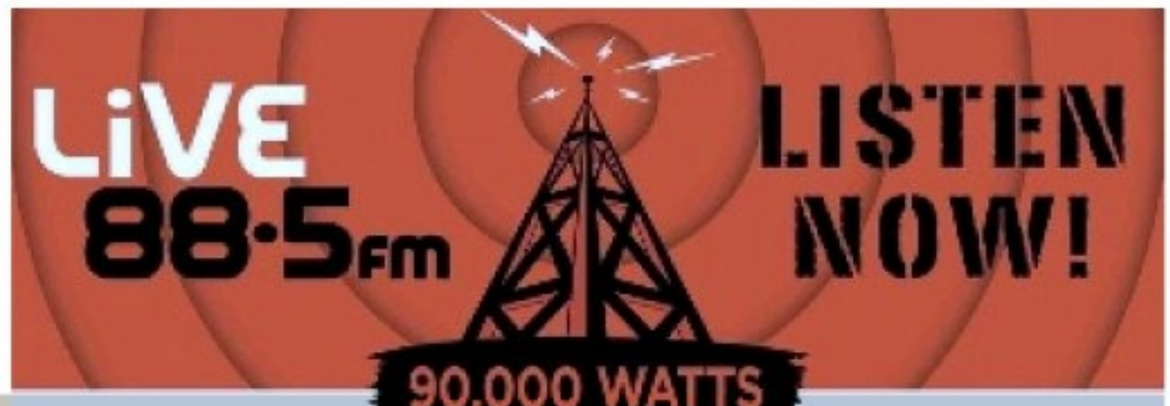


Ottawa metro

Your essential daily news | MONDAY, MARCH 13, 2017 | High -8°C/Low -14°C Mostly cloudy

HOW TO CLAIM YOUR SIDE HUSTLE
and other tax tips for these not-so-traditional times

metroLIFE

SAYETH THE RAVENS: ONE MORE

Carleton win its 13th CIS men's basketball title in 15 years — and its seventh in a row

metroSPORTS

Women's groups join call to make city a sanctuary

ABUSE

Immigration status too often used as threat, says shelter

Ryan Tumilty
Metro | Ottawa

A coalition of women's shelters, sexual-assault centres, and other women's groups are calling on the city to declare itself a sanctuary for immigrants.

The 27 groups that signed onto the letter last week also included the Ottawa Rape Crisis Centre, the Ottawa Coalition to end Violence Against women and several domestic-violence shelters.

Keri Lewis, executive director of Nelson House, said her organization signed onto the letter — sent to Mayor Jim Watson and the rest of council — because immigration status is too often used as a threat.

"Often, when women are experiencing abuse, one of the things that are threatened by their abusers is that they will be deported," she said. "It's a common thing that I hear from women who come into the shelter."

Lewis said Nelson House doesn't inquire about immigration status and she's had no reports of Ottawa Police ever questioning victims about their status either.

But, she said, the fear still remains.

"Women are already afraid and may not know their rights."

Coun. Catherine McKenney raised the idea of declaring Ottawa a sanctuary last month. After some initial pushback from other councillors, council voted to study the idea. A report is due at the end of March.

The designation, which has been adopted by other Canadian cities, generally means a city will not inquire about immigration status before providing services and will not co-operate with deportation efforts.

Several American cities have declared themselves sanctuary cities, refusing to work with federal border agents in any deportation effort.

Catherine Macnab, executive director of Planned Parenthood Ottawa, said her organization signed onto the effort because immigration status can also be used as a club against women seeking their help.

"We know there are partners who use coercive behaviours to force somebody to get pregnant, to carry a pregnancy to term or to terminate a pregnancy," she said.

She said if the city declared itself a sanctuary it would send a clear message to immigrant women that they're safe to seek out sexual health care without fear of repercussions.

metro NEWS

Your essential daily news

Young entrepreneurs use social media to tackle an underserved hair demographic. **Canada**

NEPEAN

Four-alarm blaze destroys houses

Ryan Tumilty
Metro | Ottawa

Ottawa firefighters battled a four-alarm blaze that tore through several townhouses Sunday afternoon.

Ottawa Fire was called to 34 Northview Rd. at around 12:30 p.m. Sunday near the intersection of Baseline and Merivale roads.

Even before they arrived on scene, firefighters called a second alarm, bringing more resources. And shortly after arriving they escalated further, adding a third alarm and then a fourth.

That brought dozens of firefighters to the scene including two aerial units, which were dousing the fire from overhead.

Ottawa Fire said that were no injuries to firefighters or residents. From the ground, crews could be seen dousing the roofs of at least four units that appeared to be heavily damaged.

-12°C

Fire crews had to battle the weather as well as frigid temperatures, with a strong windchill.

Crews had to battle the weather as well as frigid temperatures, which hovered around -12 C, with a strong windchill.

OC Transpo has brought buses to the area and the Salvation Army and the Red Cross were also called to the scene to help out. The Red Cross was preparing to help several displaced families who would not be able to return home.

Ottawa fire crews fight a four-alarm blaze at a residential complex on Northview Avenue on Sunday. RYAN TUMILTY/METRO

Ottawa DIGEST

GATINEAU

Man arrested after shot fired at car rental firm

Gatineau police arrested a man they believe accidentally shot his gun at a car-rental business before fleeing to his home some 10 kilometres away. They say a bullet was shot Friday inside the Enterprise Rent-A-Car at 205 Gréber Blvd., near the Costco, around 1:30 p.m. They believe a man was rummaging through his things when a shot ran out. Shortly before 3 p.m., police descended on a home at 131 Batiscan St. and arrested a man after a short standoff.

DYLAN ROBERTSON/FOR METRO

CRIME

Man wanted on sexual luring charges

Gatineau police have a warrant out for an English-speaking man they claim sexually lured a teenage girl to his home in Hull.

Gatineau resident Richard Thomas Miller, 35, is wanted on charges of sexual touching, luring, and making sexually explicit material available to a child.

Police raided his former home at 66 Vaudreuil St., near the History Museum, and now "investigators have reason to fear that he has other victims," according to a press release.

DYLAN ROBERTSON/FOR METRO

Niki Ashton, second from right, speaks with Guy Caron, left, as Charlie Angus and Peter Julian look on during the first debate of the federal NDP leadership race, in Ottawa on Sunday. JUSTIN TANG/THE CANADIAN PRESS

NDP leadership hopefuls square off in first debate

POLITICS

All four shy away from Mulcair, invoke Layton's name

Four candidates for leadership of the federal NDP sought Sunday to set the stage for the coming months of the race in a civil 90 minute debate that saw an exchange of ideas on policy but also an insight into each's personal lives.

Guy Caron, Charlie Angus, Niki Ashton and Peter Julian met at a downtown Ottawa hotel fielding questions in French and English on trade, U.S. President Donald Trump and taking the path to power in the next federal election.

But, Ashton said, the New Democrats must also look farther down the road to build a party whose spirit was crushed by its demotion from Official Opposition status in the 2015 federal election.

"We aren't just a party that is here to win elections, we are a party that is here to affect political change for 2019 and beyond," she said.

The NDP soared to a historic result in 2011 under the leadership of Jack Layton to capture Official Opposition status in the House of Commons, but lost dozens of seats to the Liberals in 2015 under leader Tom Mulcair.

All four candidates were MPs under both men, but stayed away from invoking Mulcair's name during the debate, seizing instead on their relationships with Layton and the inspiration he provided.

All offered their perspective, however on where the party went wrong in the 2015 race, from focusing too relentlessly on attacking the Conservatives rather than realizing their main opponent was the Liberals, and then being "out-lefted" by them.

The next election isn't about taking back the left as much as it's about providing a political response to appalling situations — like a lack of affordable housing, the high costs of education and precarious labour, suggested Julian.

But then, there is the question of Quebec. The NDP's position during a contentious debate on banning the wearing of face veils during citizenship ceremonies — they were against it — struck a sour note in Quebec and absolutely cost the party support, said Caron.

To rebuild in that province, the party must find a way to have a debate on that issue, Caron said, but it needs to be framed in a reasoned way and not politicized.

There's hope to be found for the party in the fact Canadians did vote for progressive policies in the 2015 election in the form of the Liberal platform, Angus said, and what the NDP must do is reach out to them when they discover the Liberals aren't delivering as promised.

Letting those voters slip away is a risk, he said.

"Cynicism becomes the greatest danger in the political world right now," Angus said.

What will happen in 2019 is that Trudeau will find himself apologizing to progressive Canadians for his broken promises to telling them that if they don't vote Liberal, a "right-wing ideologue" will be elected prime minister, said Caron.

The NDP need to be ready with a better answer, he said, and while the candidates for leader so far are aligned on the issues at stake, there are differences, he said.

"Where we differ and what we have to show you as members but also as Canadians is how we'll achieve it," he said.

THE CANADIAN PRESS

DEADLINE

Would-be candidates have until July 3 to declare formally whether they are in the running; a new leader will be named in October.

> We aren't just a party that is here to win elections, we are a party that is here to effect political change for 2019. **Niki Ashton**

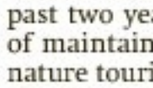
25
The Rideau Canal Skateway was open for 25 skating days this year, compared to 58 in 2013-14.
$1.55M
The National Capital Commission budgeted $1.55 million for the skateway this year, compared to $1.53 million during the 2013-14 season that was open for 58 days.
$62K
Maintenance costs for each skating day were $62,000 per day in federal funds, compared to $26,000 in 2013-14.

Ice skating enthusiasts carve up the Rideau Canal Skateway in Ottawa in January 2016. The 2017 season was the shortest on record, despite daily operating costs rising since 2013-14. CONTRIBUTED

Less ice time on Rideau Canal

WINTER ACTIVITIES

Skateway operating costs rising despite shorter seasons



Ryan Tumilty
Metro | Ottawa

Climate change seems to be giving skaters less time on the Rideau Canal, at least in the past two years, but the costs of maintaining Ottawa's signature tourist attraction isn't shrinking.

This past season was among the shortest on record: 36 days open overall and 25 skating days. The National Capital Commission, the federally funded agency responsible for the canal, budgeted $1.55 million for the canal this year, comparable to what it spent in recent years. If that budget number proves to reflect actual costs, the attraction will have sucked up about $62,000 in federal money per skating day.

Compare that figure to a longer year, such as 2013-14, when a $1.53 million budget bought 58 skating days at a little over $26,000 a piece.

Over the last 11 years, the canal has been open an average of 48.3 days per season, with an average of 40 skating days, according to NCC records. During the 11 years before that — from 1995 to 2006 — the averages were 55 days open overall and 46 skating days.

The NCC did not tabulate skating days before 1995, but it did track the skateway's opening and closing dates: in the 1970s and 1980s it was not uncommon for the season to stretch between 60 and 70 days.

> The Rideau Canal Skateway provides an invaluable public good and experience in the capital.
> Cédric Pelletier

Cédric Pelletier, a spokesperson for the NCC, said the federal organization is proud to offer the canal to residents and visitors.

"The Rideau Canal Skateway is a Canadian winter icon — a unique and internationally renowned signature attraction in the capital," he said in an email. "It provides an unforgettable experience for hundreds of thousands of Canadians from across the country and visitors from abroad."

That number of visitors fluctuates from as few as 339,698 visitors in the shortest season (2015-2016, when there were only 18 skating days) to as many as 1.3 million in longer years.

Pelletier's email said the money is well worth it.

"The Rideau Canal Skateway provides an invaluable public good and experience in the Capital, while reaffirming Canadian identity and heritage."

Steve Ball, president of the Ottawa Gatineau Hotel Association, said the canal is absolutely a draw for out-of-town tourists.

"Absolutely, we would get less visitation without it," he said. "I have no doubt."

He said it's worth talking about the cost of operating the canal and whether there might be cheaper ways to do it, including shortening the length, but he said it's definitely important to the city.

"The canal is an attraction in and of itself, both summer and winter," he said.

Caroline Couture-Gillgrass, a spokesperson for Ottawa tourism, said, being as it is both a UNESCO World Heritage Site and the Guinness world-record holder for largest skating rink in the world, the canal has a lot going for it.

She said the tourism board doesn't keep specific numbers on whether tourists come specifically for the canal.

"It's more intangible than that," she said.

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Raid has no effect on weed biz

MEDICINAL MARIJUANA

Still operating after police arrested five at local store

Dylan C. Robertson
For Metro | Ottawa

A new marijuana dispensary claims it has seen an uptick in business after Ottawa police raided its Bank Street storefront.

"I guess we don't need to advertise," Taryn Morrison quipped while measuring out a small bag of marijuana for a grinning customer.

On the shelf next to him sat a green bucket asking for "bail money."

Last Thursday, police raided Cannabis Culture locations across Canada, arresting five in Ottawa under a warrant and charging them with trafficking. It was the 12th Ottawa raid since November. The next morning, the fledgling franchise reopened.

Since Feb. 22, staff say, they have served 500 to 600 people daily, from grinning hipsters to old people seeking pain relief, with or without a prescription.

Taryn Morrison, an employee at the Cannabis Culture in Ottawa, on the job a few days after city police raided the store. DYLAN C. ROBERTSON/ FOR METRO

"This is the best job I've ever had," Morrison said. "It's always smiles."

At the front counter, receptionist Leanne said pot is still controversial. (She's gotten hateful comments online, so she wouldn't give her surname.)

"We're willing to put ourselves at risk, because this is something we believe in," she said pausing when an RCMP cruiser rolled by. "We care about it, and it's not some big corporate business."

Over the course of a short conversation, Leanne checked 10 people's identification, giving them numbers to wait until others leave. Many mention the fentanyl crisis, wondering why police don't put their resources into the drug that's killing people across the city.

"I don't see why they would raid it. The government wants to make it legal," customer Jeremy Cote said.

The government is expected to table legislation this spring, meaning legal pot could still be a year away.

"I just don't know why it's taking so long."

> "I don't see why they would raid it. The government wants to make it legal. I just don't know why it's taking so long."
> Jeremy Cote

CARLETON UNIVERSITY

Gym removes scale that students called 'triggering'

Carleton University's gym has removed its weight scale gym, sparking a mix of disdain and praise around accommodating people with eating disorders.

As campus newspaper The Charlatan first reported, Carleton Athletics removed the scale earlier this month, replacing it with a sign explaining it was "in keeping with current fitness and social trends."

In a statement to media, the gym's health manager said weight change is a gradual process, while girth and heart rate can be instantly measured.

"Although (the scale) can be used as a tool to help measure certain aspects of fitness it does not provide a good overall indication of health," Bruce Marshall wrote.

"We have chosen to move away from focusing solely on body weight."

The change seemed to take place without consulting gym members, and it's unclear whether the scale had prompted any complaints.

But Andrea LaMarre, a University of Guelph PhD candidate studying eating disorders, hailed the "powerful" supportive move.

"The information should be made available should people wish to seek it out," LaMarre told Metro, suggesting professionals can take weights that account for body fluctuations, while others can step on a scale at home.

She said some people compulsively strive for a time period or treadmill steps, sometimes reaching visible distress that prompts praise instead of being asked if they're OK, "to make them realize that somebody cares."

LaMarre urged people to resist "branding people with eating disorders as special snowflakes," noting they often can't logically resist harmful behaviours until substantive counselling, whereas people rationally seeking their weight can easily seek out a scale at home.

Some students echoed LaMarre, with one telling the Charlatan that "scales are very triggering." But others ridiculed the move, saying it caused an inconvenience for weight-training. "If they can't handle the number that shows up on the scale then don't step on it," one wrote.

DYLAN C. ROBERTSON/METRO

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ASYLUM SEEKERS

Agreement 'puts Canada as a state in jeopardy'

Gilbert Ngabo
Metro | Toronto

Law students from across the country issued a report that argues Canada's continued participation in the Safe Third Country Agreement with the U.S. violates the Charter of Rights and Freedoms.

The report, compiled by hundreds of law students on behalf of the Canadian Council for Refugees, calls on the government to suspend the agreement in response to the Trump administration's immigration policies.

"This agreement puts Canada as a state in jeopardy and we need it to be suspended immediately," said Kim Veller, a student at York's Osgoode Law School and one of the researchers.

In effect since 2004, the agreement deems both Canada and U.S. as safe countries capable of providing refugee protection to claimants. It has been criticized in the wake of White House executive orders that halt refugee claimants and ban travel from six predominantly Muslim countries.

Trump's ban has forced hundreds of refugee claimants to use unauthorized border crossing techniques to sneak into Canada. It's an unsafe and dangerous route that has left some of them with frostbites, but remains the only way to avoid being subjected to the Safe Third Country Agreement, said Veller.

The report shows how refugees turned back on Canadian borders could face detention, deportation or lack of access to legal representation in the United States. By continuing to be part of the agreement, Canada "is breaching" both its own Charter of Rights and the International Refugee Convention, the report says.

"I don't think we have a government that even cares about refugees," said Veller, noting scrapping the agreement would be the easiest way to show the support.

SURVEY

Alberta wants daylight savings all year round

Brodie Thomas
Metro | Calgary

It's official. The sun is setting on spring and fall time changes for Albertans.

The Alberta NDP surveyed nearly 26,000 Albertans and found 82 per cent would prefer not to change their clocks twice a year.

While that might not come as a surprise to those of you who had to fight your biological clock to get up and going today, the survey also suggested that Albertans still want the later evenings that come with DST.

Edmonton-South West MLA Thomas Dang said that's all the information he needs to finish crafting his private member's bill on eliminating time changes, which could go to the legislature within days or weeks.

He said the bill will call for staying on what we now call DST year-round.

"I would hope that this would be the last (time change), or there might be one more after that," said Dang.

When asked if they would prefer more daylight in the mornings or the evenings, 62 per cent of Albertans said evenings were preferable, while only 30 per cent preferred mornings.

Zaynab Logun, an Athabasca University student, has her own steady stream of customers coming in and out of the salon in her home looking for braids. KEVIN TUONG/METRO

Braiding business booms

BEAUTY

Black hair an underserved demographic

Pushpa Balgobin
For Metro | Edmonton

As a child growing up in Nigeria, Zaynab Logun lived next door to a salon and would watch the customers going in and out all day.

"I was always seeing people come out of the salon with a different style. It always looked so nice," she said.

It sparked an interest in braiding that was encouraged by her grandmother, who taught her the art of neat, tight braids.

Logun is still passionate about great hair — now a student at Athabasca University, she's one of a growing number of people harnessing social media to build the braiding business in Edmonton.

When Logun arrived in Edmonton in 2013, she soon found that black hair was an underserved beauty demographic. Those who needed their hair done often had to ask friends or family, or track down stylists through word of mouth, she said.

She started by doing a few of her friends hair, but word spread, and soon she was fielding calls from women eager for cornrows, weaves and other types of braids.

"We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more," she said.

So Logun took a different approach — she put an ad on Kijiji and started posting on Instagram.

> We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more.
> Zaynab Logun

"I'm trying to reach people outside of Edmonton, like Leduc and St. Albert," she said. "I put up pictures, they know they are coming to my home so they will feel more comfortable it's more welcoming," Logun said.

She's not alone — Kijiji now has over a dozen young entrepreneurs using the service to connect with new customers.

Kate Cunningham spent years trying to find stylists by asking other women who'd done their hair, but recently found someone for her and her daughter through Kijiji.

"It's more convenient and you're able to find women who can offer services at a better rate. You feel like you are getting your money's worth," she said.

The strategy has paid off for Logun, who now has her own steady stream of customers coming in and out of the salon in her home. She said her side business now pays for her to continue her studies full time.

"Doing what I have passion for is everything to me," Logun said. "For me you can wake me up at 3 a.m. to do hair and I am getting up."

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SPENDING

Budget will push GOP views

President Donald Trump sends Congress a proposed budget this week that will sharply test Republicans' ability to keep long-standing promises to bolster the military, making politically painful cuts to a lengthy list of popular domestic programs.

The Republican president will ask his adopted political party, which runs Capitol Hill, to cut domestic agencies such as the Environmental Protection Agency and the departments of Education and Housing and Urban Development, along with grants to state and local governments and community development projects. The spending plan, set for release Thursday, would make the Pentagon the big winner with a $54 billion boost to defence spending.

Trump has promised to "do a lot more with less," but his blueprint faces a reality test with Republicans, many of whom are already protesting.

Republicans have groused about some of the preliminary plans, including elimination of the $3 billion community development block grant program that's popular among local GOP officials, a 25 per cent cut to the EPA and elimination of 3,000 jobs, and essentially scuttling a $300 million per-year program to clean up the Great Lakes.

Sen. Rob Portman of Ohio is joining with Democrats to push back on that last proposed reduction. Cuts to the Coast Guard are meeting Republican resistance. Trump's plan to eliminate community development block grants was dismissed on Capitol Hill.

Democrats are unlikely to support the cuts, and Republican defections raise the possibility of a congressional train wreck and a potential government shutdown when the 2018 budget year begins Oct. 1. THE ASSOCIATED PRESS

Fearful immigrants plan ahead for worst nightmares

EDUCATION

Sessions called 'know your rights' put on across U.S.

Don't open the front door if immigration officials knock. If you are taken into custody, tell them your name and nothing else. Definitely don't sign anything.

That is some of the advice being given in New York City and around the country at training sessions, put on by advocacy organizations, aimed at helping immigrants living in the country illegally get in as little trouble as possible if they encounter U.S. Immigration and Customs Enforcement officials.

Called "know your rights" training, the sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration under President Donald Trump. Similar trainings are scheduled in New Mexico and El Paso.

The idea, organizers said, is to give immigrants guidance on how to legitimately push back against attempts to detain them, mostly using tactics designed to keep agents from learning anything they don't already know. The government can't deport someone unless they can prove they are in the U.S. illegally.

At a training session Tuesday in Queens, a little more than two dozen people sat in a room listening to Yaritza Mendez, an outreach co-ordinator at the pro-immigrant advocacy group Make the Road New York. She spoke about various ways ICE agents can find a person, and what to do if they come knocking.

Even people in the country illegally have constitutional rights, Mendez said, such as not being subjected to unreasonable searches and seizures, not answering questions and not signing any documents without speaking with an attorney.

Volunteers took part in a role-playing exercise. The audience broke into laughter when a woman wearing a vest with "ICE" taped on it burst into the room after knocking loudly on a door.

"I try to make it interactive because it's long and very sad, in a way," Mendez said.

A lady sitting at the back had a question. If immigration officials knocked on her door, what if she opened it a crack but kept the chain on?

No, Mendez said. Not even a crack. That's guidance that closely mirrors something criminal defence attorneys have long been telling clients. Letting a law enforcement agent peek inside could give them the probable cause they need to enter without a warrant.

Other advice dispensed during the session: Make sure any warrants presented have the right name and addresses and are signed by a judge. Do not volunteer information. Do not show the agents any fake documents, since doing so is a crime that could land them in much deeper trouble.

Plan ahead for the worst. For example, she said, parents in danger of being detained should have paperwork in place to have someone look after their children, instead of scrambling to find someone in an emergency.

Most of the people in the audience were immigrants in the country illegally.

But they were also people like Pascalina Chirinos, 63, a legal permanent resident from Venezuela who has been in the U.S. for about five years.

She said she attended so she could share the information with friends and neighbours, but also to know her own rights if she were ever caught up even in passing in immigration enforcement efforts.

"In reality, all of us are afraid," Chirinos said in Spanish, through an interpreter.

THE ASSOCIATED PRESS

Yaritza Mendez leads a know-your-rights trainings at Make The Road, an immigrant advocacy organization, March 7, 2017, in New York. The sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration under President Donald Trump. THE ASSOCIATED PRESS

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MARKETING

GUATEMALA

Death toll in children's shelter fire rises

The death toll in a fire at a Guatemalan children's shelter rose to 40 on Sunday. The death was announced by the Roosevelt Hospital in Guatemala's capital. Nineteen of the adolescents perished at the scene of Wednesday's inferno and 21 have died in hospitals. The fire began when mattresses were set ablaze during a protest by residents at the overcrowded shelter.

THE ASSOCIATED PRESS

CORRUPTION ALLEGATIONS

South Korea president defiant

Ousted South Korean President Park Geun-hye expressed defiance toward the corruption allegations against her as she vacated the presidential palace and returned to her home on Sunday, two days after the constitutional Court removed her from office.

In her first public comments since the court's ruling, Park said in statement, "Although it will take time, I believe the truth will certainly come out."

Park will likely face a direct investigation soon by prosecutors who already consider her a criminal suspect over suspicions that she colluded with a confidante to extort money and favours from companies and allowed the friend to secretly interfere with state affairs.

Upon her return home, Park was greeted by hundreds of supporters who thunderously chanted her name and waved the South Korean flag as her car slowly rolled onto a path near the house. She then stepped out and shook hands and exchanged brief words with members of her political party before going inside the house.

THE ASSOCIATED PRESS

Ousted South Korean President Park Geun-hye smiles as she is greeted by supporters. THE ASSOCIATED PRESS

Groups lobbying senior government officials, including **Navdeep Bains, minister of innovation, science and economic development,** as Liberals near decision on how to spend $800M earmarked for innovation. THE CANADIAN PRESS

Groups vie for slice of $800M pie

INNOVATION FUNDING

Cash meant to help young, high-potential firms flourish

An $800-million commitment central to the Trudeau government's economic growth strategy is expected to be divvied up within the next few months among groups and companies that can persuade Ottawa they're best positioned to help young, high-potential firms flourish.

The government earmarked the cash in last year's budget to support "innovation networks and clusters" as part of federal plans to help budding companies scale up significantly.

The first withdrawal from the four-year program is scheduled to happen in 2017-18.

Groups like the Council of Canadian Innovators, which has been actively engaged with the feds, expects the government to settle in April or May on how it would like to proceed with the $800-million plan.

Council executive director Ben Bergen, who represents tech-sector CEOs, said one challenge is that there are many ways to define a "cluster." It can range from a university with connected companies to a string of tech firms in a given region, he said.

Bergen said his council would like to see the $800-million investment used to support clusters centred around high-growth Canadian companies, rather than ones that revolve around universities and incubators.

"By really focusing it on the firm rather than on...institutions or on incubators you actually give them the jet fuel that they need to go and compete globally," Bergen said.

"That's how you turn the $800 million into $8 billion."

The chair of one organization hoping to attract some of that funding said his partners have also been pitching a business-led approach to Ottawa.

Ray Bouchard said the Manitoba-based Enterprise Machine Intelligence and Learning Initiative aims to help firms quickly commercialize in the fields of deep learning and artificial intelligence. In particular, it would focus on the technologies' applications in the agriculture sector.

> **That's how you turn the $800 million into $8 billion.**
> Ben Bergen

The group has had several meetings in recent months with senior government officials, including Economic Development Minister Navdeep Bains, according to lobbying records.

THE CANADIAN PRESS

HACKING THREAT

Tax service taken offline

Canadians planning to file their taxes online could face difficulties as the threat of hacking prompted the Canada Revenue Agency to take down the service indefinitely.

A notice was posted on the agency's website that says it detected "an internet vulnerability" and took down many of its services, including electronic tax filing.

The services include ones such as My Account, My Business Account, Netfile, EFILE and Auto-Fill My Return.

The notice says people can still complete their forms, but will have to wait to file.

A spokesman for the Canada Revenue Agency says the tax filing services were taken offline Friday as a precaution to project Canadians' tax information.

Patrick Samson says the CRA isn't aware of any personal information being affected, but says the agency will monitor the situation. "Digital services were taken offline as a precaution, not as the result of a successful hack or breach," Samson says in an email.

Digital services will remain offline until officials are satisfied there is no longer a security risk, he says.

The CRA website itself remains online as Samson says it was determined it wasn't a risk.

THE CANADIAN PRESS

DILUTED HONEY

Beekeepers blame imports

Beekeepers say the falling value of Canadian honey — which dropped nearly $53 million last year — is being exacerbated by the flow of cheap, imported products diluted with sweeteners. Purchased at cut-rate prices, they are used in food products to save producers from paying more for made-in-Canada honey.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Monday, March 13, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
How can I get people to slow down their carts at the grocery store?

Dear Ellen,

I've noticed big-box stores like Walmart and Costco, etc., have these shopping carts bigger than ever before to encourage people to buy more and bigger items. I prefer to use a wheelie basket instead. But I am concerned by the rude people who drive these giant carts like NASCAR racers and have absolutely no courtesy or regard for anyone around them. It makes me not want to shop there, for fear of being knocked over. What can I do to make people slow down?

Little Old Lady

Dear Little Old Lady,

If you are feeling spry and vindictive, I urge you to go straight to YouTube and watch "dive" videos of Real Madrid soccer star Cristiano Ronaldo. Be it an opposing player brushing against his jersey, or a passing breeze tickling his new golden highlights, Ronaldo is ready at any moment to launch himself into a spectacular pratfall — rolling, groaning, clutching, grimacing — in order to convince the refs, and the world, that he has been most grievously fouled. Study his moves. Practice a few tumbles at home. Then head out to the store.

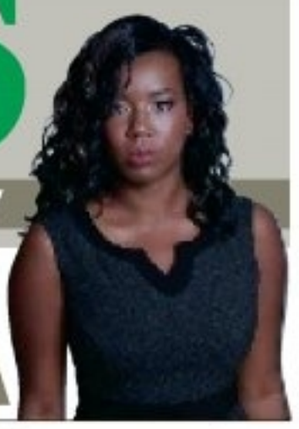
There, fill up your wheelie with eggs, yogurt and other messy foods, and meander aimlessly down the aisles. Be alert — we don't want you to actually get run over. But as soon as some maniac with a giant cart starts bearing down on you, simply shove your wheelie into their path, while you scream bloody murder and dive sideways, hitting the deck with as much force as you can muster, given that you are probably less fit than a man who is arguably the world's best soccer player. With any luck, broken eggs and spilled yogurt will spread far and wide, the maniac shopping cart driver will have a small, metaphorical heart attack and be filled with remorse at what they've done to you, a poor, innocent little old lady. And the store manager will skid through eggs and yogurt to your side, promising coupons, gift cards, and a permanent ban on large carts, in hopes of warding off a lawsuit.

I realize this advice is neither polite nor practical, and that I am perhaps revealing too much about my own vindictive nature. But other than amuse oneself with revenge fantasies, there's not much to be done. Grocery store rudeness is rampant, but it's often due to distraction rather than malicious intent. And, as many of us over a certain age know, we are simply invisible to younger, faster folks.

What you can do is educate one NASCAR driver at a time, by politely asking them to slow down. Most people will instantly apologize and pay more attention in future. And you'll have advanced civilization one tiny step in the battle for actual civilization.

Other than amuse oneself with revenge fantasies, there's not much to be done.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Cats: The Internet might like you, but I'm not a big fan

I have never liked cats and don't plan to start liking them now. Yet, in opposition to my values, a cat has taken up residence in my house.

Weeks ago, my brother moved in, which spared me the agony of searching for roommates. It also guaranteed that I'd have one who, if he had complaints about my cleanliness, could only really take them up with our mother.

With my brother came Tommy.

Tommy was a birthday present given to my brother by his friends last summer. I partially recall my brother mentioning that he had a cat, in that he'd asked my mother months ago if the cat could live with him at her house. My mother hates all pets, so I remember laughing a lot, then immediately forgetting said cat.

Tommy (short for Tommy Gunz) is a black-and-white cat of some variety. In the shallow wisdom of three reckless young men, neither my brother nor his friends know Tommy's gender, age or breed.

A friend looked into it and helpfully suggested that Tommy is a girl. My brother's take: "I had a suspicion about that, but that doesn't seem like my business." It has not been his business for seven months.

Thus, I am now caring for an animal that I'm wholly indifferent to. My solace is that Tommy, being a cat, is entirely apathetic about me, too.

You'd think with their Internet popularity and their prevalence, I would have a passing fondness for cats.

I have only developed the acting skills required to make other people believe that I care about their cats. Two friends regularly foster cats. Friends and colleagues share cat pictures and videos. In the service of not losing friends and appearing to be a good person, I make the appropriate noises in reference to their household felines. For the greater good (i.e. my self-interest), I say, "Wow lol so cute." On occasion, I actually laugh out loud.

On those days, I deserve a best supporting actress Oscar. With Tommy now daily shedding fur throughout my house, this is the greatest test of my skills.

The friend who fosters cats said something about socializing one's cat so it is good with people. To that end, I drink a glass of wine and allow Tommy to sit near me; this is how most humans socialize.

"Cat," I say to it with Streep-esque conviction, "I enjoy your presence."

You'd find it difficult to tell that, in fact, I do not enjoy its presence.

I am Daniel Day-Lewis in Lincoln. I have become Heath Ledger in The Dark Knight. I have gone fully method to pretend to like this cat.

I may never like Tommy but she (probably) doesn't have to know that.

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Elite runners peak at age 35, but the rest of us may not peak until we're 50, research shows

FROM CLAIMING A SIDE HUSTLE TO DEDUCTING LUNCH HERE'S HOW TO PREP YOUR TAXES

With so many people cobbling together their income from different sources, filing a tax return is more daunting than ever. We asked Jessica Moorhouse, a personal finance expert and host of the Mo' Money Podcast, for her top tips to calm your nerves. **GENNA BUCK/METRO**

Go in prepared

"The biggest issue is that people get stressed out because they don't know what they need to start," Moorhouse said. Get all the documents you need together before you begin (many checklists are available online) Then figure out how you want to file. For younger people, Moorhouse suggests using an online tool such as UFile, TurboTax, or H&R Block's free program. "It's way less intimidating than talking to a tax specialist," she said. "The tools are intuitive now. You kind of learn about taxes as you're doing them." And she said to get started well before the April 30 deadline, in case it takes longer than you expect. Plus, if you're getting a refund, the sooner you file, the sooner you get your money.

Claim your side hustle

Moorhouse said to resist temptation to overlook your "under-the-table" income when tax season rolls around. You should be keeping records throughout the year of every time you're paid, but if you didn't, you can go online and look at the deposits into your bank account. Babysitting, dog walking, cash tips from bartending — all of that counts. If you receive cash help from parents, family or friends, it doesn't count as income: it's a gift and not taxable.

Deduct, deduct, deduct

"This is my favourite part of taxes," Moorhouse gushed. If you're self-employed like she is, or work in the informal cash economy, the costs of running your business are tax-deductible. "I keep every single receipt. If I go to lunch with another blogger to talk about collaborating, I can claim that as a business lunch, minus alcohol," she said. Equipment, software — even things like desk chairs and work boots — can all be deducted. If you're using your home as an office, you can claim part of your rent and utilities. It's a common misconception that you need to register or incorporate as a business in order to claim expenses as a deduction — you don't, as long as you're operating under your own name. Some other useful deductions: Student loan interest, child-care costs, educational courses if they relate to your job, transit passes and anything you gave to charity.

Handle your housing

Many millennials share their digs with others to save on rising rent costs. For example, if you pay $1,000 in rent but your roommate pays $500 for your spare room, you don't have to claim that as rental income — you're not the landlord. But if you're renting out that second room on Airbnb or another room-sharing service, it's a different story. Depending on your situation, it could be considered rental income or a home business.

CANADIAN SCREEN AWARDS Great and good of small and big screen hit red carpet ahead of Toronto ceremony

1 **Orphan Black** went into the show with a leading 14 nominations, including best dramatic series, best direction, and best actress for Tatiana Maslany (second from right). Kevin Hanchard (third from left) won for best supporting actor in a drama.

2 **Jillea** was nominated for best host in a variety or reality/competition program or series for her work on the iHeart Radio Much Music Video Awards Red Carpet.

3 **Mohawk Girls,** starring Maika Harper, Jennifer Pudavick, Tracey Deer, Brittany Leborgne and Heather White, was nominated for three awards: best comedy series, best direction and best writing in a comedy.

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The best bar? None. Why I ditched soap seven years ago

PERSONAL HYGIENE

No need to get yourself in a skin care lather, insist experts

Jackie Hong
Torstar News Service

Jackie Hong stopped using soap as an impressionable Grade 11 teenager. TORSTAR NEWS SERVICE

Confusion. Abject horror. Disgust.

Those are the top three reactions when someone learns I haven't showered with soap in seven years.

My soap-free saga began when I was an impressionable teenager in Grade 11. The artist-in-residence at my high school mentioned he hadn't used soap on his body in about 20 years, except to occasionally scrub paint off his hands. When I gave him that mildly disgusted look that I'm now all too familiar with, he shot back, "Well, do I smell?"

"No," I answered truthfully, and that was that.

In a world where drugstore aisles are reserved for sudsy, pleasant-smelling bars and bottles, where soap holders are built into bathtubs and business empires created out of "natural" shower gels and bath bombs, soap is so tightly intertwined with cleanliness that shunning it is linked to a rejection of hygiene.

But an informal survey of my coworkers and friends found that I don't smell awful, or much at all. My boyfriend even says I smell nice — value that as you will. My skin isn't greasy. I haven't developed any strange conditions or infections. I'm not forgoing bathing completely; I still shower daily, just with water and nothing else, and still wash my hands with soap.

I've suffered no ill side-effects by not lathering up, yet the idea is repulsive to some. Am I secretly a cesspool of filth, covered in grime and disease that are invisible to the human eye?

"If you go to work and you dress in a long-sleeve shirt and pants and you're in your office all day and you go home, there's no reason for you to use soap," said Dr. Sandy Skotnicki, an assistant professor at the University of Toronto's Division of Dermatology who's writing a book on the topic. "Even if you've been at the gym, you don't necessarily need soap … water is more than enough to clean off."

In fact, Skotnicki said, using too much soap can be a bad thing.

The word "soap" has become a catch-all for almost any personal cleaning product that makes bubbles, but true soap is made by combining animal fat with lye, a strong cleaning chemical.

Many modern "soap" products, such as Cetaphil and Dove's "cleansing" bars, are made with synthetic detergents, which can be gentler on skin but clean in essentially the same way: by binding to fat and grease, including the oils and fats found naturally in skin.

> **I'm forever telling people to stop cleaning so much.**
> Dr. Sandy Skotnicki

"I like to use the example of a brick wall, so the mortar in between the bricks is the fat in the outer barrier of our skin," she said. "Soap's going to remove it more, because it's quite harsh, and detergents are going to remove it less … I'm forever telling people to stop cleaning so much, stop using so many products. I see itchy, dry people all day and I'm always saying, 'Why are you washing if you're not dirty? Stop washing if you're not dirty.'"

Skotnicki calls the association between soap, cleanliness and health a psychological hangover from the days before indoor plumbing, when diseases were rampant and bathing a luxury reserved for the wealthy.

"The cleaner that you were, way back in the early days when we didn't have showers in every home, you were more healthy," she said. "Nowadays, it's not necessary. It's gone overboard and it's really to sell product."

Jack Gilbert, a professor at the University of Chicago's Department of Surgery and faculty director of the MicroBiome Center says thanks to vaccines, and other public health works, most dangerous pathogenic microorganisms have been eradicated from society.

So the chance any nasty germs are hanging out on your skin are next to none, although you should still wash your hands with warm, soapy water to prevent the spread of things like colds and flu. In fact, coming into contact with raw sewage now is relatively safe.

"It seems bizarre, because for years, there were so many life-threatening diseases that were affecting our society that doing that would've been an immediate death sentence," Gilbert said. "I'm not saying anyone should frolic in raw sewage … but on the whole, raw sewage isn't necessarily going to contain a lot of extraordinarily dangerous bugs."

Your skin hosts a mini ecosystem of bacteria, viruses and fungi — known as a microbiome — that impact everything from how fast wounds heal, to how skin ages, to how you smell, said Gilbert. "The idea that you can sterilize your skin and remove all those bacteria — it's just not true. It just doesn't work that way," he said.

Even after a shower with vigorous soaping and scrubbing, skin bacteria repopulate in five to 10 minutes.

So, not using soap does not make me a filthy heathen — if anything, it might actually be beneficial for my skin.

Maybe give it a try. At the least, you'll save a couple of dollars — and maybe your skin will thank you.

Health DIGEST

Nuts and seafood key to avoiding major issues

If you're gorging on bacon or skimping on nuts, you might want to rethink your diet. That's according to new research that links 10 foods with deaths from heart disease, strokes and diabetes. The study says overeating or not eating enough of those foods contributes to nearly half of U.S. deaths from the three causes. "Good" foods that were under-eaten included nuts and seeds, seafood and fruits. "Bad" foods included salt, processed meats and sugary drinks.

'Fat acceptance' as weight-loss attempts drop

A new U.S. study finds fewer overweight citizens have been trying to lose weight in recent years. And researchers wonder if fat acceptance could be among the reasons. Researchers at Georgia Southern University analyzed U.S. government health surveys from 1988 through 2014. In the early surveys, about half the adults were overweight or obese. Those numbers climbed to 65 per cent by 2014. But the portion of overweight or obese adults who said they were trying to slim down fell from 55 per cent to 49 per cent.

Zika linked to possible heart issues for the first time

For the first time, doctors have tied infection with the Zika virus to possible new heart problems in adults. The evidence is only in eight people in Venezuela and does not prove a link. It's too soon to know how often this might be happening. Eight people with confirmed Zika infections developed a heart rhythm problem and six developed heart failure about 10 days after Zika symptoms began.

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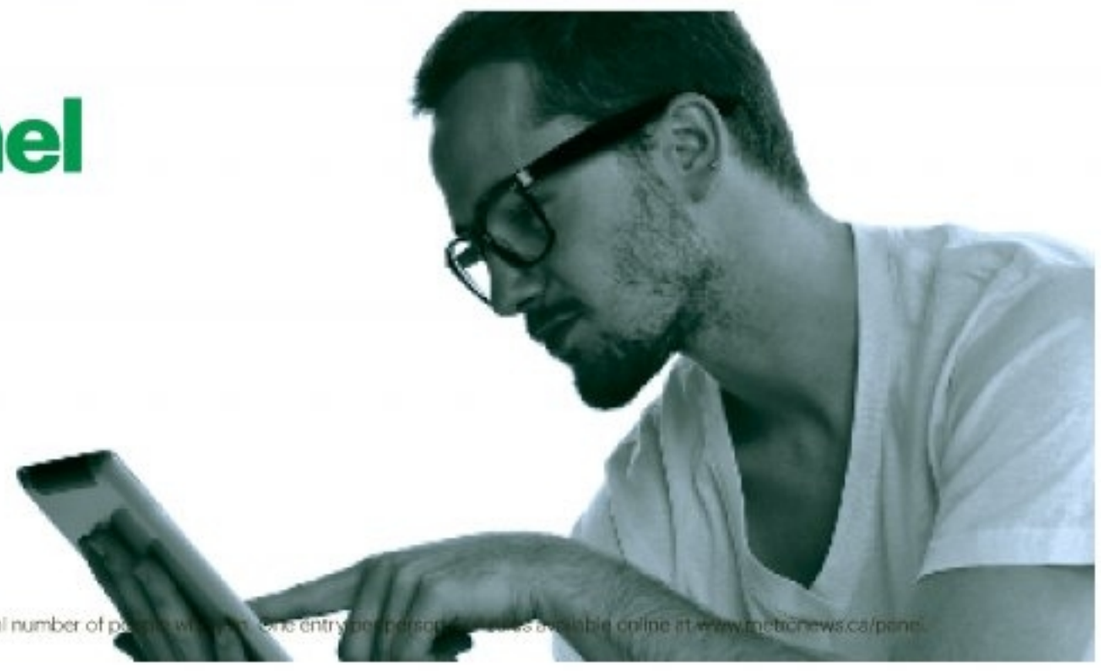

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Simple steps to solving life insurance

ADVICE

To have it when you'll need it, you must buy it when you don't

Gail Vaz-Oxlade
For Metro Canada

Nobody likes to talk about life insurance except life insurance salespeople. Most people feel that the whole thing is yucky: it's expensive, confusing, and mostly about sickness and death.

But the single best way to ensure you can get insurance when you need it is to buy it when you don't. And the earlier you buy your insurance the cheaper it will be.

If you work for a company that offers life insurance as part of your benefits package, don't get complacent. If you change jobs down the road and have become uninsurable in the interim you won't qualify for new insurance. Make sure you have a basic private policy to cover your butt.

Here are some things to avoid:

1) Don't think of insurance as an investment. It's risk mitigation and it's a necessary part of a sound financial plan. Some types of insurance do build up money over time — products like whole or universal life insurance — that's not the first reason for buying insurance. Insurance is about taking care of the "what ifs." So the amount it will pay out to help your family cope should be your primary consideration.

2) Don't let premiums make the decision for you. If you start from the premise that you can only afford to pay SX, and let that decide how much insurance you buy, then you're going about it all wrong. First figure out how much insurance you need and then choose the type of insurance that will give you the level of coverage you're looking for.

3) Don't buy term because you think it's the only game in town. The "term vs. permanent insurance" debate has ranged since Moses was a lad. Term insurance, for which you pay only for the death benefit, may be the best fit for some people, particularly those who are older or who need a whopping amount of coverage. Permanent insurance may be a better choice for people who plan to keep their coverage for the long haul.

4) Don't just forgetaboutit. At least every year or two, re-examine your policies to be sure they are still doing the job. If you got married, divorced, had a baby, or had a big jump in income (and expenses), the amount of coverage may no longer be adequate. Or you might need to add a second, different type of policy, to meet new needs. You don't have to buy from the same insurance company. Shop around.

5) Don't forget to change beneficiaries. If you get a divorce, remarry, have a new baby, or if your partner dies, you need to review your insurance to make sure you're not leaving a stash of cash to nobody — or worse, someone you hate!

At least every year or two you should re-examine your life insurance policy, especially if you've had major life changes. ISTOCK

6) Don't needlessly replace a policy. Be careful about dropping a policy just to get a "better-performing" policy or for a cheaper premium. The flip side of this is people who automatically renew their term coverage, even when the reason for having insurance has grown up and left home.

7) Don't name your estate as beneficiary. Insurance benefits are free of income tax when left directly to beneficiaries, but face probate if the benefits become part of an estate.

For more money advice, visit Gail's website at gailvazoxlade.com

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Any two people can fall in love

THE SHOW: Love, Season 2, Episode 5 (Netflix)
THE MOMENT: "I like you"

Sexy, messy Mickey (Gillian Jacobs) and nerdy Gus (series co-creator Paul Rust) aren't really a couple. But they've just spent a perfect, unplanned Sunday. Saturday night, he did mushrooms for the first time. Sunday, they woke up together and had sex. They went to brunch, saw a movie, drove to Venice Beach, had sex again.

Now she's walking him to her door. "So what are you up to this week?" he asks. "I want to text you, but I don't want to pester you."

"Stop, we don't have to do this," she says.

His face falls. "I'm sorry," he says.

She looks in his eyes. "I'm not going to disappear on you, Gus," she says. "I always want to hear from you. You're not going to annoy me."

His face brightens. "You're not going to annoy me, either," he says.

Their look holds. "I like you," she says.

"I like you, too," he whispers.

I haven't entirely warmed to this series but, with this episode, I feel like I finally see what it's up to. It forces you to get over the feeling that Mickey and Gus aren't a logical pair. It stops mattering that they don't make objective sense.

Because what Rust and co-creator Judd Apatow are doing here, I think, is staking a claim that any two people, given some time together, can fall in love. That people who are afraid to open up will feel something for the person who finally gets them to. That familiarity can also breed contentment.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Gillian Jacobs and Paul Rust may not make sense as a couple in Netflix's Love, but that's the point. CONTRIBUTED

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YOU CAN DO THIS FIREFIGHTING

In the heat and heart of the community

WHY I LIKE MY JOB

Zen Stefani, 25, Fire Lieutenant with North Grenville Fire Services in Kemptville, Ont.

I love being involved in the community, helping people and solving complex problems. If you do, too, then I'd say you're right on track to joining our team!

My career started when I was pretty young (I started volunteering at age 17), but that's not to say it's a requirement in firefighting. In fact, candidates with a bit more life experience are often favoured over younger applicants, and I've certainly benefited from the mentorship and guidance of my older peers.

After high school, I volunteered on a part time basis with North Grenville Fire Services while also attending Algonquin College for the Pre-Service Firefighter and Training program.

I'm now in my eighth year with the same department, currently serving as fire lieutenant. It's my job to ensure that all crewmembers are properly outfitted with personal protective equipment, in addition to providing on-site training in departmental policies, objectives, safety and quality assurance. I'm also responsible for educating the public on fire prevention.

Our department serves a population of roughly 15,000 people over 353 square kilometres. We respond to everything from medical emergencies, to ice and water rescues, chemical spills, and the common kitchen fire. It definitely keeps me on my toes, but it's rewarding to know I'm saving people's lives and keeping the community safe.

HOW TO START

Generally, each municipality in Canada establishes and enforces its own hiring criteria based on the number of citizens. However, an aspiring firefighter must obtain proper training if he or she expects to stand the heat. Smaller municipalities of less than 25,000 typically require 275 hours of training on a volunteer basis, whereas larger communities may require an additional 120-hour training program or college-level training.

Many Ontario colleges offer the Pre-Service Firefighter Education & Training Program, which teaches the principles of fire science, emergency patient care, and fire suppression and prevention. Otherwise, most provinces provide standard National Fire Protection Association (NFPA) 1001 Levels I & II training to qualified candidates. There are some physical, mental and fitness assessments involved, so be sure to look these up.

WHERE YOU CAN GO

If the recent Fort McMurray forest fires were any indication, firefighters must be well equipped to respond to any imaginable emergency call, including chemical spills, cardiac arrests and residential, commercial and industrial fires.

Many municipal fire departments require all firefighters to be trained in EMT-P (Paramedic) to effectively diagnose and treat patients in trauma situations.

Previous experience in building construction or the skilled trades, ice and water rescue, and heavy equipment operation will also attract interest from fire chiefs and captains.

THE BASICS: Municipal Firefighter

$61,540

Median full-time salary for municipal firefighters with at least two years of experience. In some (larger) municipalities and departments, a firefighter's salary could peak at about **$96,000** annually.

+5%

Projected job growth rate over the next seven years.

Data for this feature was provided by payscale.com, mcscs.jus.gov.on.ca, acadmicinvest.com and onetonline.org

metro SPORTS

Norway's Marit Bjoergen coasted to victory by over two minutes in a 30-kilometre race in the women's cross-country ski World Cup in Oslo

Dynasty adds another title

Ryan Ejim of the Carleton Ravens scores past the Ryerson Rams' Juwon Grannum during the U Sports men's national championship game in Halifax on Sunday. DARREN CALABRESE/THE CANADIAN PRESS

U SPORTS BASKETBALL

Ravens soar to 7th straight championship, 13th overall

The Carleton Ravens maintained their stranglehold on Canadian university men's basketball on Sunday.

The Ravens roared to their seventh consecutive Canadian title, withstanding a fierce Ryerson comeback to beat the Rams 78-69.

Ryan Ejim scored 19 points, and Kaza Kajami-Keane had 15 points and 11 rebounds to earn player of the game honours.

The powerhouse Ravens have now won 13 W.P. McGee Trophies, more than any other school in history.

Carleton's coach of the year Dave Smart said his team's post play was the difference.

"We got what we wanted down low, and then we got a couple open threes when they started digging," Smart said. "The fact that we had never really gone through the post all year, I don't think (Ryerson) really had a plan once we started scoring down there."

Fifth-year guard Adika Peter-McNeilly had 23 points, while Adam Voll had 12 points and nine boards for Ryerson.

The Ravens went a perfect 19-0 in the regular-season but were upset just a week earlier by Ryerson (17-2) in the Ontario conference final. The Rams, two-time bronze medallists, were making their debut in the championship final, and were looking for their first title — in any sport — in school history.

"I just don't think we were as good offensively as we were last week," said Rams head coach Roy Rana. "We made a run in the fourth to make it a game, and we just didn't execute when we had our opportunities and they came back and made some big plays and that was the difference in the game."

The Ravens capitalized on Ryerson's poor 28 per cent shooting in the first quarter, and led 19-13 heading into the second.

The defending champions went up by 11 midway through the second and took a 39-28 advantage into the halftime break.

1

Carleton lost just one game all season — in the Ontario conference final to Ryerson.

The Ravens opened the third with a 15-5 run to stretch their advantage to as many as 24 points, but the Rams punched back with a 15-0 run to make it just a nine-point game with less than a minute to play in the quarter. Ejim converted a three-pointer to send the Ravens into the fourth with a 63-51 lead.

The Rams kept the pressure on in the fourth and buckled down on the defensive end, and a tip-in from Voll made it a six-point game with 4:20 to play.

Another put-back by Voll with 1:22 to play had Ryerson within six points. But Carleton pounced on a couple of key Ryerson turnovers down the stretch, and Connor Wood, the U Sports player of the year, converted a three-point play with 19 seconds left to clinch the victory for the Ravens.

Earlier Sunday, a 27-point fourth quarter helped the Dalhousie Tigers top the McGill Redmen 69-63 in the bronze-medal game.

Trailing by eight entering the final 10 minutes, the Tigers went on a 17-8 run, taking the lead for good with just under three minutes left to play.

Forward Sven Stammberger led the way on the offensive end with eight points in the quarter and 20 overall. Guard Jenning Leung was McGill's leading scorer with 17 points.

The third-place finish was the best result in men's basketball history for Dalhousie, which finished fourth at last year's championship. THE CANADIAN PRESS

IN VICTORIA

McGill crowned the women's champions

Alex Kiss-Rusk had 15 points and 20 rebounds to lead the McGill Martlets past the Laval Rouge et Or 66-55 on Sunday to win the Canadian university women's basketball championship.

Earlier Sunday, Carleton defeated Queen's 53-43 for the bronze medal.

NCAA BASKETBALL

Villanova gets top billing in Madness

Villanova took the overall top seed on Selection Sunday, with Kansas, North Carolina and Gonzaga joining the defending national champions on the No. 1 line for the NCAA Tournament.

Not many surprises there, though Duke — left at No. 2 despite a four-win-in-four-night performance in the Atlantic Coast Conference tournament — and Syracuse and Illinois State, who got left out altogether, may have been searching for answers.

Northwestern was plenty happy: though it was no surprise, the Wildcats were jumping up and down, taking selfies and celebrating after being officially invited into March Madness for the first time in the program's history.

With the brackets set, the action begins Tuesday and Wednesday with opening-round games that will include matchups between the last at-large teams invited into the draw.

THE ASSOCIATED PRESS

IN BRIEF

McEwen knocks off Jacobs to win Brier bronze medal

Manitoba's Mike McEwen defeated Northern Ontario's Brad Jacobs 7-5 to win bronze at the Tim Hortons Brier on Sunday in St. John's, N.L.

McEwen used his final throw to hit the Northern Ontario stone off the button for the win.

Canada's Kevin Koe was scheduled to play Newfoundland and Labrador's Brad Gushue in the gold-medal game at night. THE CANADIAN PRESS

Barcelona takes game off ending La Liga win streak

Barcelona lost 2-1 at relegation-threatened Deportivo La Coruna on Sunday in its first match after its amazing win over Paris Saint-Germain in the Champions League, giving Real Madrid a chance to retake the Spanish league lead.

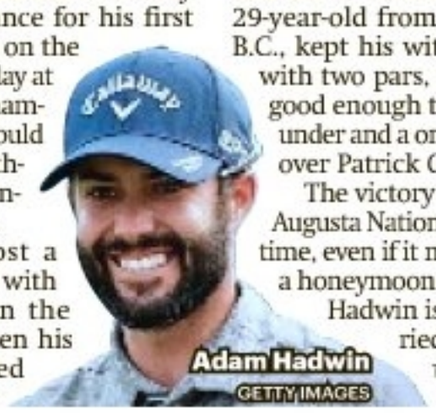
Without some of the starters from the 6-1 victory on Wednesday, Barcelona had its 19-game unbeaten streak in the league ended.

THE ASSOCIATED PRESS

GOLF

B.C.'s Hadwin earns first PGA Tour win

Canada's Adam Hadwin only wanted a chance for his first PGA Tour win on the final hole Sunday at the Valspar Championship. He could have done without the self-inflicted drama.



Adam Hadwin GETTY IMAGES

Hadwin lost a two-shot lead with one swing on the 16th hole when his tee shot sailed into the water and led to double bogey. The 29-year-old from Abbotsford, B.C., kept his wits and closed with two pars, the final one good enough to finish at 14 under and a one-shot victory over Patrick Cantlay.

The victory sends him to Augusta National for the first time, even if it means altering a honeymoon trip to Tahiti.

Hadwin is getting married March 24.

THE ASSOCIATED PRESS

Wordsearch

D R A M A D R A D D
R R D A R A M A M R
A M A A D R A M A A
D A M M R A M D A M
R A A D A A M M A A
C O R O N A T I O N
S T R E E T M A A D
A D R A M A D M R A

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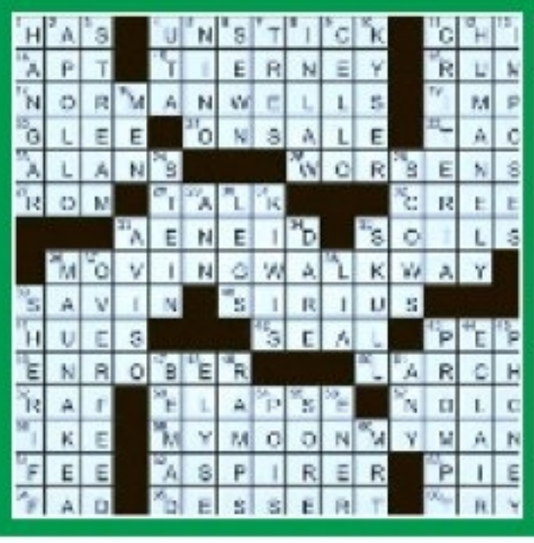

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3	8	6	7	4	2	1	5	9
2	9	4	5	8	1	6	7	3
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Find the words:

DRAMA DRAMA
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WEEKNIGHTS 7:30

✷ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be co-operative with others today, because the Moon is opposite your sign. (That's how it works.) And with Venus in your sign, you are completely charming!

Taurus April 21 - May 21
You have lots of energy, with Mars in your sign for the next six weeks. Use this energy to get better organized, because this is what you really want to do today.

Gemini May 22 - June 21
This is a playful day. Bosses and VIPs think highly of you. Friends and groups want to see you. Fortunately, you are in the mood to socialize!

Cancer June 22 - July 23
If you can to cocoon at home today, you will love it. You need some privacy and the comfort of being among familiar surroundings. Try to do this.

Leo July 24 - Aug. 23
You want to enlighten someone about something today. You need to be heard, because you have something to say.

Virgo Aug. 24 - Sept. 23
If shopping today, you will be swayed by your feelings rather than by common sense. Be aware of this before you part with too much of your hard-earned money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional than usual. However, it also brings some extra good luck to you. Yes!

Scorpio Oct. 24 - Nov. 22
Work alone or behind the scenes today, because you feel the need for some privacy. This is a playful, social time for you, but today you need to catch your breath.

Sagittarius Nov. 23 - Dec. 21
A discussion with a female acquaintance might be important to you both today. This is a good day to share your hopes and dreams for the future with someone important, because he or she can be your sounding board.

Capricorn Dec. 22 - Jan. 20
Important people might discuss personal details about your private life today. Something is up, so keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want some adventure. Ideally, you want to travel and get away from all this.

Pisces
Feb. 20 - March 20
This is a strong time, with the Sun and Mercury in your sign. However, today you will focus on other people's money and wealth — and perhaps, shared property.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

	8	7			1			
1						9		
4			6		3		7	
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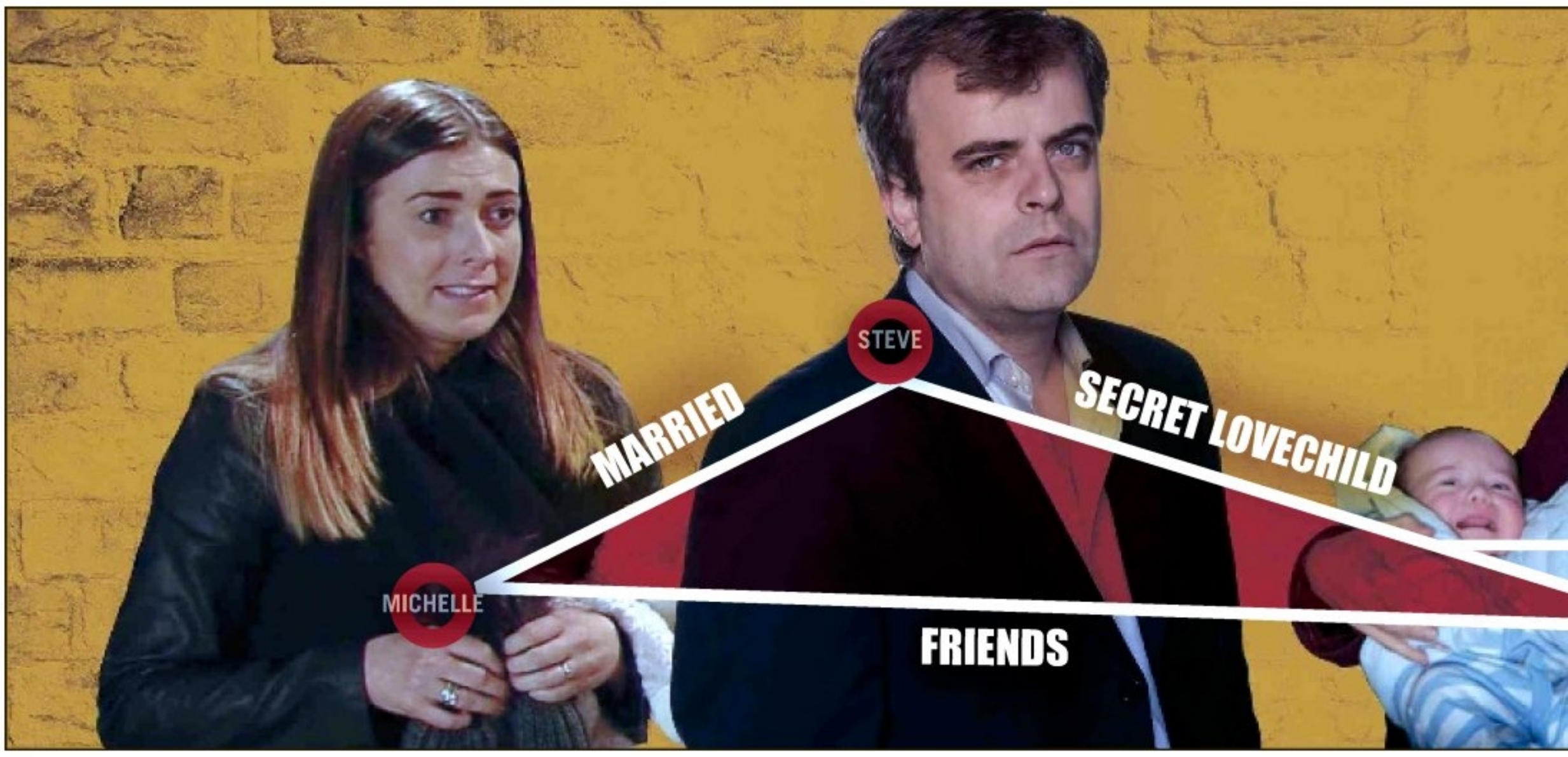


MAKE IT TONIGHT

Healthy Funky Monkey Smoothie

Ceri Marsh & Laura Keogh
For Metro Canada

Not just a drink, a smoothie can deliver vitamins and minerals your diet needs, especially if you had good-for-you-additions like omega-3-rich flax and protein-infused Greek yogurt.

Ready in 5 minutes
Prep time: 5 minutes
Serves 2

Ingredients
- 2 frozen bananas, peeled and chopped
- 2 cups milk or soy milk
- 2 Tbsp natural almond or peanut butter
- 1 Tbsp maple syrup
- 1 Tbsp flax meal
- ½ cup Greek yogurt

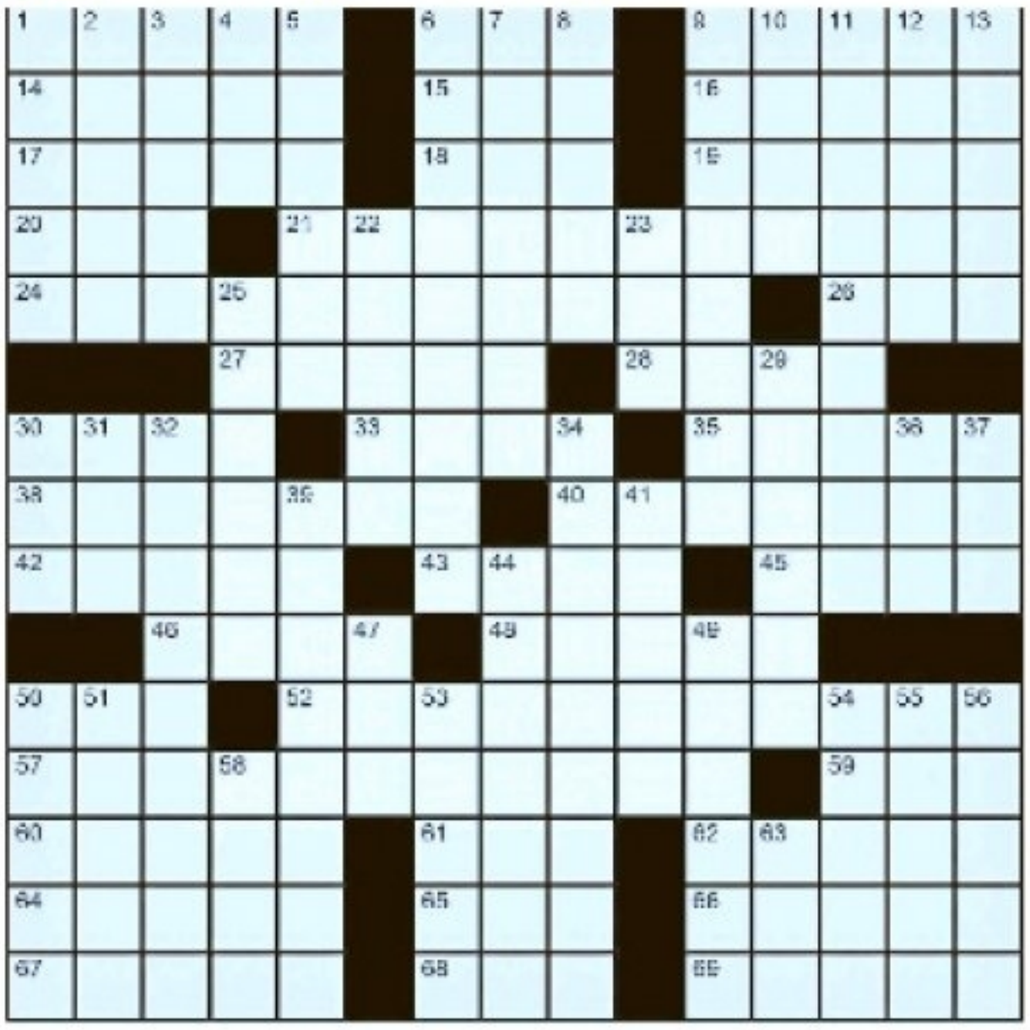
Directions
Toss it all in your blender. Give it a whiz and you're done

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Adrenal, for one
6. Food additive
9. Internet letter
14. Sizable
15. __ disadvantage
16. __ good example
17. Harry Potter: Owl for The Weasley Family
18. Dernier __ (Latest fashion)
19. Engage the object, cat-style: 2 wds.
20. 'Tiny' thoroughfare
21. New Brunswick village sharing the name of its river
24. Marriage arrangers
26. Our national thoroughfare [acronym]
27. Kitchen gadget
28. Daintily drinks
30. 'Within'-meaning prefix
33. Itemize
35. "Lovergirl" by __ Marie
38. Kennedy Compound location in Massachusetts, __ Port
40. Carroll of "All in the Family"
42. Whale type
43. Bloody prefix
45. Gladiator's 402
46. "Just the facts, __."
48. Hawaiian-style veranda
50. Pro bono TV spot [acronym]
52. Vast territory the Hudson's Bay Company controlled from 1670 to 1870: 2 wds.
57. Prepared for the seance: 2 wds.
59. Faux __
60. American author, Horatio __ Jr. (b.1832 - d.1899)
61. Plastic __ Band
62. Conjure up
64. Vampire's 'vish', "__ to suck your blood!"
65. Actor Mr. Avery
66. Michelin products
67. So much, in music
68. Alphabetical, e.g.
69. Pre-plant packet's particles

DOWN
1. Shine
2. Metamorphosis-izer
3. Chicoutimi stop sign word
4. Stop-_-__
5. 'Oracle' city in Greece
6. Governor of the expanse at #52-Across before it was transferred to Canada for $1.5 million, William __ (b.1815 - d.1870)
7. Lightning landings
8. Offenbach ballet, __ Parisienne
9. Hockey brothers Phil or Tony
10. Honey drink
11. Clueless/frazzled: 3 wds.
12. Violinist Mr. Stern
13. Gate fastener
22. Singer Ms. Sande
23. Debit opps.
25. Larry in the Pro Football Hall of Fame who played for the Miami Dolphins
29. __ sharpener
30. Erica __ (MuchMusic's first female VJ)
31. Blue/orange jerseys NHL team [acronym]
32. "Rows of Houses" Canadian singer/songwriter: 2 wds.
34. Comedian/actor in "True Lies" (1994): 2 wds.
36. "__ _ insist!"
37. "Entourage" superagent
39. Having a more close location: 2 wds.
41. There's more following abbr.
44. Tap dancer/actress Ms. Powell
47. Rubber boots coating
49. Strong points
50. SVP's 'P'
51. Region's forest trees
53. Snapshot, shortly
54. Previously, once
55. Microwaved
56. Adorn
58. __ State (University in CSNY's "Ohio")
63. Compete

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